



Don't Become A Statistic

Ladders are great tools, but if not selected, used, or maintained correctly, can become hazardous.

Please follow these guidelines so that YOU don't injure yourself.

- Think about whether there is a safer way to do the work than standing on a ladder.
- Select the correct ladder. Is the ladder tall enough? Do you need a stepladder or an extension ladder? Select the proper tool!
- Inspect the ladder before you use it - every time!
 - Are all rubber feet in place?
 - Does the spreader bar lock?
 - Are rungs and rails in good condition, without bends or cracks?
- Place the step ladder so that all feet have secure footing.
- NEVER use a stepladder without opening and securing the "spreader bar". These ladders are NOT designed to be leaned against a wall or building.
- Never stand on the top rung or very top of the ladder.
- Always face the ladder when moving up or down.
- Always keep three points of contact with the ladder for proper balance, such as that shown in the diagram at right.



Take the right steps to protect yourself from injury!

Your Susquehanna Conference Safety Committee wants to hear from you.

Send your safety suggestions or concerns to: ajackson@rcmd.com